

Department of the Navy
Bureau of Medicine and Surgery

***RESERVE FORCE INTEGRATION
MED-07
WELCOME ABOARD PACKAGE***



BUREAU OF MEDICINE AND SURGERY WELCOME ABOARD PACKAGE

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***WELCOME ABOARD GREETING
DEPUTY ASSISTANT CHIEF
RESERVE FORCE INTEGRATION***

Congratulations on your Annual Training (AT) assignment to the Bureau of Medicine and Surgery (BUMED) . I would like to take this opportunity to welcome you and provide you with important command and Washington D.C. area information, as well as useful local interest information that will make your AT more fulfilling and less stressful. We value your time and contributions to Bumeds mission and it is our goal to provide you with mutual support opportunities that are both stimulating and enjoyable.

The Bureau of Medicine and Surgery is located at 2300 E Street NW, Washington, D.C.. If you have any questions prior to your arrival or at any time during your AT, please contact HM2 Ann M. Fowler, USNR (TAR) @ (202) 762-3399 or (202) 762-3412.

Once again WELCOME ABOARD !!

J.M. HAGAN
Assistant Chief for
Reserve Force Integration

THE NAVAL OBSERVATORY **AND BUMED HISTORY**

During the nineteenth century, the Naval Observatory played a key role in the history of American Science, it was the birthplace of the modern science of oceanography and two satellites of Mars were discovered by astronomers working at the observatory. During the early years the Observatory housed the world's largest refracting telescope.

From 1902 to 1942 the Observatory was home for the Naval Medical School and surrounding buildings served as headquarters for the Washington Naval Hospital. In 1942 the Bureau of Medicine and Surgery moved in and has been here ever since.

For additional information or a tour of BUMED feel free to visit our BUMED historian, Mr. Jan Herman, in building two, first deck, room 2113 or call (202) 762-3248.

ANNUAL TRAINING CHECK-IN LIST

Required items for Check-In at BUMED Reserve Liaison Office

1. Your original orders including any/all modifications and with medical endorsement.
2. Your record of emergency data, NAVPERS 1070/602 (page two) certified copy within the last twelve months.
3. For those SELRES with authorized hotel accommodations and who are requesting Advanced Per diem, please inquire from your hotel the actual daily room rate plus tax to enable Crystal City PSD to accurately calculate your 80% advanced per diem.
NOTE: On the second to last day of your Annual Training (AT) please submit to the RLO no later than 0900 a original zero balance hotel receipt.
4. For those SELRES requiring a security clearance for their assigned Annual Training (AT) at BUMED, please ensure that a Certificate of Personnel Security Investigation, Clearance and Access is attached to your Original Orders.

ANNUAL TRAINING CHECK-IN PROCEDURES

1. First report to **RESERVE FORCE INTEGRATION (MED 07)**, BUMED Building two, second deck, on your listed reporting date. MED 07 normal working hours are 0700-1630, Monday thru Friday.
2. If you arrive **AFTER 1630** or your reporting date is **ON THE WEEKEND**, please report to the **OOD** in building one. The Officer of the Day or Chief of the Day will record your arrival in the command log. **IT IS ESSENTIAL THAT YOU REPORT TO RESERVE FORCE INTEGRATION (BLDG 2 Deck 2) ON THE FIRST MORNING AFTER REPORTING ABOARD. THIS IS NECESSARY TO COMPLETE YOUR PROCESSING, FILL OUT ALL THE NECESSARY FORMS FOR YOUR AT AND TO ENSURE YOU RECEIVE YOUR PAYCHECK.**
3. Your orders will then be endorsed by **BUMED RESERVE LIAISON OFFICER (RLO)** and we will provide you with assistance in filling out the PSD forms (W-4, Travel Claim, and Advanced Per diem). **PLEASE DO NOT GO TO CRYSTAL CITY PSD BEFORE REPORTING TO BUMED.**
4. The BUMED RLO will forward the completed forms to Crystal City PSD. For those personnel requesting Advanced Per diem, checks will be available for you to pickup after 1200 hrs the following day. For any questions concerning advanced per diem please call the Crystal City PSD at (703) 607-1361.
5. BUMED RLO will escort you to your assigned work area after completion of PSD forms.

NOTE: NURSE CORPS OFFICERS - Please ensure you receive the Nurse Corps professional review board memo and Orientation Packet when reporting to BUMED.

UNIFORMS

The uniform of the day is Service Dress Blue from the first Monday of October until the first Monday of May. E-6 and below may wear Winter Blue as an optional winter uniform. The new black sweater is authorized in lieu of the Service Dress Blue jacket. The blue wooly sweater is no longer authorized to wear.

The uniform of the day is Summer Whites from the first Monday of May until the first Monday of October.

1. Khaki uniform (CNT only) is now authorized for Officers and Chiefs within the National Capital Region Area from the first Monday in May to the first Monday in October.
2. Officers and Chiefs may consider bringing Service Dress Blues if they anticipate official business at the Capital. If you are only visiting, use the uniform of the day.
3. Command Cover Policy is that you are not required to wear your cover unless you are carrying it and it is visible in your hand /belt. This is only on the BUMED compound. Outside of the command you must wear your cover when out-of-doors..

NAVY EXCHANGE UNIFORM SHOPS

Navy Annex

Arlington, VA

(703)979-7813

0900-1630 Monday-Friday

0900-1400 Saturday

Directions: Take Metro Blue Line to Van Dorn and get off at the Pentagon stop. Go to the DOD shuttle bus area and board the shuttle to the Navy Annex. The Navy Annex uniform shop is located in the basement of Wing 6.

National Naval Medical Center

8901 Wisconsin Avenue

Bethesda, MD

(301)295-1489

0930-1800 Monday-Saturday

1100-1700 Sunday

Directions: Take the Metro Blue Line- Addison to Metro Center. Transfer to Metro Red

Line-Shady Grove and get off at the Medical Center stop. The Navy Uniform Shop is located in the Navy Exchange, building 57.

Naval District Washington

Bldg. 169 8th & M,

Washington, D. C. 20374

(202) 889-4909

0800-1530 Monday-Friday

0900-1500 Saturday

SECURITY AT BUMED

The Bureau of Medicine and Surgery command has a 100% ID Check policy. Be sure you have your military ID on your person when entering or leaving the command by vehicle or on foot.

PARKING AT BUMED

All parking at BUMED is by reserved space. Please use public transportation if possible. If you drive to BUMED, please check-in at the quarter-deck in building one on a daily basis for a parking assignment. Available parking spaces are very limited and cannot be guaranteed. Public parking near BUMED is at a premium and very costly. Rental cars are not required and will not be authorized under normal circumstances.

AIRPORTS

Washington National Airport:

Washington National Airport is the closest airport to BUMED. The taxi fare is reasonable, but it's very simple to take a metro courtesy van from the airport terminal to the Metro station. National Airport is on the Blue and Yellow Metro lines.

Dulles International Airport (IAD):

From the Dulles International Airport, the taxi fare is fairly expensive. A bus service is provided by the Washington Flyer, with departures about every 45 minutes to the Capitol and Washington Hilton, the Omni Shoreham, and J.W. Marriott hotels.

BWI Airport (BWI):

From the Baltimore Washington International (BWI) Airport the taxi fare to BUMED is expensive. There is a Airport Connection bus from the airport to the Capitol and Washington Hilton hotels that departs approximately every 45 minutes (call 800-431-5472 for exact schedules).

TRANSPORTATION

Metrorail:

The Washington Metropolitan Area Transit Authority (WMATA) runs the Metrobus system. This superb subway system, the Metro, opened in 1973 and still being extended, with well designed stations and sleek, quiet, comfortable trains. The Metro radiates out from downtown Washington deep into Maryland and Virginia with 74 stations and 103 miles of service. There are five subway lines: Blue, running from National Airport in the South to the East suburbs; Orange, running roughly East and West; Red, forming a loop to the North; Yellow, running from Gallery Place via National Airport to Huntington station in Alexandria, and Green line. Metro operates seven days a week. Stations open at 05:30 a.m. weekdays and at 08:00 a.m. on weekends. Metro closes at midnight except for special events like the annual 4th of July fireworks display when the hours are extended. Entrances to each station are marked by tall brown pylons or columns with a large "M" on each side. The pylon identifies the station by name and indicates which Metrorail lines - Red, Orange, Blue, Yellow, or Green serves that station. At each station you'll find a large color-coded maps with fares and travel times. If you have a question about your fare ask the station manager for help. Instead of using cash and tokens, passengers use farecards from the farecard machines. Each passenger must have a farecard which is inserted in the gate with the green lights and white arrow. To exit Metro, you insert the farecard in the exit faregate. For a full day of Metro rides, buy the five dollar Metrorail one day-pass. For scheduling or fare information call (202) 637-7000.

Taxis:

Cabs are plentiful and can usually be hailed quite easily, except in bad weather or during rush hours. They can also be ordered by phone: check the Yellow Pages or try Diamond Cab Company (202) 387-6200, Yellow Cab (202) 544-1212, or Capitol Cab (202) 546-2400. City cabs have no meters; fares are based on a zone system. When you take a cab from one point to another in the same zone, the fare is standard, no matter how many miles are traveled.

Renting a Car:

There are many car-rental firms operating in Washington, and it is worth shopping around for the best deal. Rates vary widely and promotional discounts are offered at different times of the year. Comprehensive automobile insurance is compulsory in Virginia and Maryland but optional in D.C., so make sure you are covered against motor vehicle accidents with uninsured drivers.

Railroad Services:

Washington has one main railroad terminal, Union Station, which is well served by bus routes and the Metro subway. AMTRAK (the Federal rail system) handles passenger inquiries (202) 484-7540.

LODGING

WASHINGTON, D. C. Per Diem rates are \$124.00/day for lodging and \$38.00/day for meals as of FY 96.

NOTE: RATES ARE SUBJECT TO CHANGE

REMINGTON ASSOCIATES, INC.

601 24TH Street, NW

Washington, D.C.

(202) 466-7367

Military Rates: Seasonal \$60-100/day plus \$ 7 for parking

Amenities: Short Term Condominiums, Fully equipped kitchen with microwave, Phone in room, No toiletries provided.

Located 2 blocks from Foggy Bottom/GW Metro

St. James Hotel

950 24th Street, NW

Washington, D.C. 20037

(202) 457-0500 or Toll 800-852-8512

E-mail: Doug Bennett , Director of Sales and Marketing @ 74161,1243@COMPUSERVE.COM

Military Rates: \$124 includes tax and is on availability. Parking cars only \$16/night weekday and \$13/night weekend.

Amenities: Short term leases, One BDRM Apts. with fully equipped kitchen. Laundry Facility, Fitness Facility, Continental breakfast.

Located near Foggy Bottom Metro

State Plaza

2117 E Street ,NW

Washington, D.C. 20037

(202) 861-8200 or Toll 800-424-2859

Military Rates: \$124 includes tax . Parking \$12/day based on availability.

Amenities: room Service available, Kitchen no microwave, Restaurant and Bar, Exercise Room, Continental breakfast, free local calls, and grocery delivery with charge.

Howard Johnson Lodge

2601 Virginia Avenue

Washington, D.C. 20037

(202) 965-2700 or Toll 800-965-6869

Military Rates: \$ 99 /day with Parking cars only \$9/day

Amenities: Refrigerator in room, Fitness Center, Laundry Facility, and Rooftop pool.

Located near BUMED

The George Washington University Inn

824 New Hampshire Avenue, NW

Washington, D.C. 20037

(202) 337-6620 or Toll 800-426-4455

Military Rates: \$123.41 tax included/day Parking @ \$13/day+tax

Amenities: Non-smoking Rooms, Continental breakfast, Newspaper, Same day Valet, microwave, refrigerator, and coffee maker.

Located near BUMED

Hotel Lombardy

2019 I Street, NW

Washington, D.C. 20006

(202) 828-2600 or Toll 800-424-5486

Military Rates: \$128.40/day tax included Parking \$15/day.

Amenities: Most rooms have Kitchenettes

Located near BUMED

Quality Inn Embassy Square Suites

2000 N Street, NW

Washington, D.C. 20036

(202) 659-9000 or Toll 800-424-2999

Fax (202) 429-9546

Military Rates: \$ 124/day tax included Parking \$12/day

Amenities: Kitchenettes, Workout Room, outdoor pool,

Located near BUMED By Dupont Circle Metro

Ramada Renaissance Tech World

999 9th Street, NW

Washington, D.C. 20001

(202) 898-9000

Email: Director of Reservations avo@RENHOTELS.COM

Military Rates: \$ 124 tax included Parking \$15/day

Amenities: Restaurant, Room Service, Nearby Foodcourt, and lap pool.

Located across from K Street and the Washington Convention Center

Washington Marriott Hotel

1221 22nd Street, NW

Washington, D.C. 20037

(202) 872-1500 Toll 800-228-9290

Military Rates: \$ 124 Tax included Parking \$15/day

Amenities: Health Club, Indoor pool, Sauna, 3 Restaurants, and Whirlpool

Located 3 blocks from Dupont and Foggy Bottom/GW Metro lines

Double Tree Georgetown

2500 Pennsylvania Avenue, NW

Washington, D.C. 20037

(202) 333-8060 or Toll 800-222-8733

Email: Director of Marketing erikmcd@IX.NETCOM.COM

Military Rates: \$110+tax Parking Valet \$15/day

Amenities: All suites with full kitchens, microwave, dishwasher, Fitness Center 6 Blocks from hotel.

Double Tree New Hampshire

801 New Hampshire Avenue, NW

Washington, D.C. 20037

(202) 785-2000 or Toll 800-222-8733

Military Rates: \$112/day+tax Parking \$15/day

Amenities: See above Double Tree Georgetown

Located near Watergate Complex

One Washington Circle

1 Washington Circle, NW

Washington, D.C. 20037

(202) 872-1680 Toll: 800-424-9671

Military Rates: \$124/day tax included Parking based on availability \$15+tax/day

Amenities: All suites include kitchenettes, Restaurant, Pool, and Queen bed.

Located near 23rd Street and Pennsylvania Avenue

Cherry Blossom Motor Inn

3030 Columbia Pike

Arlington, VA 22204

(703) 521-5570 or Toll 800-255-3050

Military Rates: \$ 58+tax/day Parking free

Amenities: All suites included kitchenettes, free local calls and continental breakfast.

Located one half mile from Pentagon Metro stop.

Embassy Suites Crystal City

1300 Jefferson Davis Highway

Arlington, VA 22202

(703) 979-9799 or Toll 362-2779

Military Rates: \$112.98+tax/day Parking free

Amenities: Complimentary Breakfast, Swimming pool, Sauna, Rollaway Bed, microwave by request, Phone, Shuttle to National Airport.

Located near Crystal City Metro.

Holiday Inn National Airport

1489 Jefferson Davis Highway

Arlington, VA 22202

(707) 416-1600 or Toll 800-465-4329

Military Rates: \$112.98+tax/day Parking \$6/day

Amenities: Outdoor pool, Health Club, and Game Room.

Located one half block from Rosslyn Metro stop

Days Inn National Airport

2000 Jefferson Davis Highway

Arlington, VA 22202

(703) 920-8600 or Toll 800-329-7466

Military Rates: \$110.05/day Parking free

Amenities: Outdoor Pool, Hotel Restaurant, Airport Shuttle, and Video rental.

Located 1 block from Crystal City Metro.

Howard Johnson Hotel

2650 Jefferson Davis Highway

Arlington, VA 22202

(703) 684-7200 or Toll: 800-654-2000

Military Rates: \$124/day tax included Parking free

Located 4 blocks from Crystal City Metro

Days Inn

2201 Arlington Blvd.

Arlington, VA 22201

(703) 525-0300 or Toll 800-329-7466

Military Rates: \$54+tax/day Surface parking free

Amenities: Outdoor pool

Holiday Inn Rosslyn Westpark

1900 North Fort Meyer Drive

Arlington, VA 22209

(703) 527-4814 or Toll 800-368-3408

Military Rates: Start at \$99+tax/day to \$125+tax?day Parking free

Amenities: Gym, two restaurants Indoor pool, and coffee maker.

Located one and one half blocks from Rosslyn

Quality Inn Iwo Jima

1501 Arlington Blvd.

Arlington, VA 22209

(703) 524-5000 or Toll 800-228-5151

Military Rates: \$82+tax/day Surface Parking free

Amenities: Outdoor pool, hotel restaurant, microwave available \$7 charge, refrigerator available \$10 charge, coffee maker in room.

Located 3 blocks from Rosslyn Metro

925

925 25TH Street, NW

Washington, D.C. 20037

(202) 342-7800

Military Rates: Efficiency \$65-\$75/day One bedroom \$75-\$95/day Parking covered \$10

FOOD

BUMED Snack Shop

Building 4, first deck

Hours: 0730-1500 Monday-Friday

Located within walking distance:

Columbia Plaza

Directions: From E Street gate turn left and cross Virginia Street , Columbia Plaza is on the left side of E Street.

These are some of the stores:

1. Gourmet Market in Columbia Plaza

0730-1900 Monday-Friday

1100-1900 Saturday

Closed Sunday

2. RX Superstore

0500-1930 Monday-Friday

0730-1745 Saturday

0730-1500 Sunday

3. Magic Gourd

1100-2200 Monday-Friday

1600-2200 Saturday and Sunday

Watergate Complex

Located on Virginia Avenue and New Hampshire, about 4 blocks from BUMED

These are a few of the shops available:

1. Safeway

2. Chen`s

3. Barber Shop

4. CVS/RX

5. Italian cafe

EXCHANGES AND COMMISSARIES

Marine Corps Exchange

Henderson Hall
Arlington, VA
(703)545-6700 Recording
0930-2000 Monday-Friday
0900-1900 Saturday
1100-1800 Sunday

Navy Exchange

National Naval Medical Center
8901 Wisconsin Avenue
Bethesda, MD
(301)295-1489
0930-1800 Monday-Saturday
1100-1700 Sunday

Army Air Force Commissary

Fort Meyers
Arlington, VA
(703)696-3685 Hours vary, please call first. Open seven days a week.

Army Air Force Commissary

Bolling Air Force Base
Washington, D.C.
0930-1900 Monday, Tuesday, Wednesday, Friday
0930-2000 Thursday
0800-1700 Saturday
1000-1530 Sunday

PARKS & RECREATION

National Aquarium:

Located in the basement of the Department of Commerce Building, 14th Street, N.W. between Constitution Avenue and M Street, NW. Open 09:00 to 15:00 daily.

Old Towne Alexandria:

Located eight miles south of Washington, D.C. over the George Washington Memorial Parkway. Major attractions include: Christ Church, George Washington Masonic National Memorial, Gadsby's Tavern, and Carlye House. The Metro's Alexandria buses leave 10th and Pennsylvania Avenue, NW every ten minutes.

National Archives:

Located at 7th Street and Constitution Avenue, NW. Summer Hours (April thru September): Monday thru Friday (and Holidays) 09:00 to 22:00. Sunday Hours: 13:00 to 22:00. Winter Hours (October thru March): 09:00 to 18:00. Sunday Hours: 13:00 to 22:00.

Arlington National Cemetery:

Open daily October through March, 0800 to 1700. April through September 0800 to 1900. See the Tomb of the Unknown Soldier, the Amphitheater, Arlington House, and graves of Presidents JFK and William Howard Taft. Changing of the Guard at the Tomb of the Unknown Soldier every half hour.

Botanic Gardens (202) 225-8333:

Located 1st and Maryland Avenue, S.W. Washington D.C.. Open daily 0900-1700.

Corcoran Gallery of Art:

Located on 17th and New York Avenue, NW. Open Tuesday through Sunday 1100-1700.

Folger Shakespeare Library:

Located at 201 East Capital Street, N.E. . Exhibit Hall is open Monday through Saturday 1000-1630.

Government Printing Office:

Located North Capital and H Street, N.W. (202) 275-2958. Open Monday through Friday 0900-1600.

Jefferson Memorial:

Located on the south bank of the Tidal Basin. Open daily 0800-2400.

John F. Kennedy Center for the Performing Arts:

Located on the Rock Creek Parkway and Virginia Avenue, N.W. Administrative office (202) 872-0466; Ticket information (202) 254-3600.

National Arboretum:

Located on Bladensburg Road and R Street, N.E. It consists of 415 acres of trees and shrubs. Open November through March 0800-1700 weekdays and 1000-1700 Weekends and Holidays. April through October 0800-1900 weekdays and 1000-1900 Weekends and Holidays.

National Gallery of Art:

Located 6th and Constitution Avenue, N.W. Open April to August Monday through Saturday 1000-2100. September to March , Monday through Saturday 1000-1700. Also open Sunday 1200-2100.

Skyline Drive/Shenandoah National Park:

Located 88 miles from Washington. Take I-66 west toward Front Royal, Virginia.

Smithsonian Institution Group:

On the Mall across from the Capital. The most popular museums are:

Air and Space Museum (4th and Independence Ave, S.W.)

Hirshhorn Museum and Sculpture Garden (7th and Independence Ave, S.W.)

Museum of American History (12th and Constitution Ave, N.W.)

Museum of National History (10th and Constitution Ave, N.W.)

National Gallery of Art (10th and Constitution Ave, N.W.)

Open April through Labor Day 1000-2100 Rest of the year 1000-1730.

Vietnam Veterans Memorial:

Located at 21st and Constitution Avenue.

Washington Monument:

Located on the Mall at 15th Street, N.W. Open daily March through Labor Day 0800-2400. Labor Day through February 0900-1700. Tickets may be obtained at the base of the monument.

Wolf Trap Farm Park for the Performing Arts:

In Vienna, Virginia. Take I-495 to exit 10 West, turn left on Towlston Road. (703) 255-1860

Zoological Park: (202) 673-4800

Located 3000 block of Connecticut avenue, N.W. Open April to September 0900-1800, October to March 0900-1630.

ADDITIONAL INFORMATION NUMBERS

Air Force Band: Office (202) 767-4310
Info (202) 767-5658

Army Band: Office (202) 696-3718
Info (202) 696-3399

Army Pageant “Spirit of America”: (202) 685-2851

Bolling AFB, MWR Tickets: (301) 767-6211

DC Concert Line: (301) 533-1328

DC Recreational Department Events: (202) 673-7660

DOD Information Operator: (703) 545-6700

Hike, Dial -a: (202) 547-2326

Kennedy Center: Opera house (202) 416-8000
Concert Hall (202) 467-4600

Marine Evening Parade -USMC Barracks: (202) 433-6060

Marine Corps Band: (202) 433-4011

Museum, Dial-a: (202) 357-2020

Navy Band: (202) 433-2525

Navy Commodores: (202) 433-6096

Navy Memorial Concert Hotline: (202) 347-6327

Navy Summer Pageant “The American Sailor” : (202) 433-2218/2678

Sato, Andrews AFB: (301) 981-5363

Ticket Place (discount tickets): (202) 842-5387

Time: (202) 844-2525

BUMED FITNESS FACILITY

Looking to work off AT stress in D. C. !!! There is a small gym consisting of two stair machines, two stationary cycles, two treadmills along with free-weights and some Nautilus equipment. Showering facilities are available but locker space is already reserved. Please bring your own toiletries, hangers and towel.

The BUMED gym is located in the basement of building Two. Operation hours are 0500 hrs to 2200 hrs daily.

APPENDIX A

BUMED POINTS OF CONTACTS TELEPHONE NUMBERS

RESERVE FORCE INTEGRATION

(202) 762-3399

BUMED Quarterdeck

(202) 762-3211

Emergency Medical Care

99-911

Fire

(202) 762-3211 BUMED Quarterdeck

Physical Security

(202) 708-1111 Federal Protective Services

Note: also call information desk (202) 762-3211

Temporary Parking Assignments

(202) 762-3211

Force Master Chief

(202) 762-3032

Command Master Chief

(202) 762-3616

Medical Corps Reserve Liaison Officer

(202) 762-3065

Dental Corps Reserve Liaison Officer

(202) 762-3018

Medical Service Corps Reserve Liaison Officer

(202) 762-3055

Nurse Corps Reserve Liaison Officer

(202) 672-3042